**LESSON REFLECTIONS - SUMMARY**

**Energy Transfer**

1. **What was your favorite part of the lesson and why?**

The hands-on lab activities was our favorite part.

1. **How effective was the lesson in meeting the objective? What was most effective?**

Yes, our lesson met the learning objective but also allowed students to self-monitor through the lab activities. They were able to complete the experiment with little guidance.

1. **What parts of the lesson would you change? Why?**

We would give clearer instructions by demonstrating each activity to prepare the students for success. \*\*note- please make sure this is not your first lab since the students will be working with hot water, a microwave and other possible hazards.

1. **Were there any parts that needed more explanation or time? How did you handle these situations?**

We needed to explain the instructions by example. After one class, we changed how we gave instructions.

1. **Did your students find the lesson meaningful and worth completing?**

Our students enjoyed this lab and of course eating the popcorn.